



A Year of Resilience

INTEGRIS

You probably already know that a healthy lifestyle can help prevent chronic conditions like heart disease and diabetes, but did you know a healthy lifestyle can also help to prevent the onset or worsening of mental health conditions? And it can help people recover from these conditions. When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that good mental health is essential to everyone's overall health and well-being. Mental illnesses are common and treatable.

Remember, you have to take care of your overall health, both physically and mentally, to achieve wellness. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. It's all about finding the right balance to benefit both the mind and body and to help you gain resilience.

TRY LAUGHTER YOGA!

It definitely feels good to laugh, but did you know there are a surprising number of mind and body health benefits? Laughing has been shown to improve your immune system, relieve pain, reduce stress and boost your mood. In fact, there is a mind/body practice based on the concept, called "laughter yoga", which is gaining popularity across the globe. The practice is a combination of laughing exercises and yoga breathing. Have you tried it yet?

- To learn more visit the INTEGRIS On Your Health Blog and read [Laughter Yoga: Why Laughter Really is the Best Medicine](#)
- To try Laughter Yoga using video instruction, check out [this video](#) on YouTube.

For You. For Health. For Life.